

Tests and Exams To Find Cancers

Oral Cancer

Oral cancer includes cancers of the lip, tongue, pharynx, and mouth. Most oral cancers occur in people older than 40 who use tobacco or alcohol. People who are in the sun a lot are at risk for cancer of the lip.

You can help prevent oral cancer by not smoking or abusing alcohol. If you are outdoors a lot, use a sun block on your lips.

If you chew or smoke tobacco or abuse alcohol, you may want your dentist to examine your mouth for signs of oral cancer during your regular dental checkup. (Go to "[Alcohol or Drug Abuse](#)" for amounts of alcohol considered safe.) You also may need to see your dentist more often.



Ask your doctor, dentist, or nurse:

How often should I get dental checkups?

Reference Source: "The Pocket Guide to Good Health for Adults." U.S. Department of Health and Human Services; Agency for Healthcare Research and Quality: May 2003.